

Bonus: Your personal portal to good health

Links to
King
County
benefits
and Health
Matters
programs

Steps
to earn
gold

Home - Windows Internet Explorer
https://staging.webmdhealth.com/main/home.aspx

King County
Healthy
INCENTIVES

Powered by
WebMD

uat first 03 uat last 03 settings | log out Search

Home Health Topics Living Healthy **King County Links**

My Message Center
You have 0 new messages.

Step 1 - Take the WAQ
Wellness Assessment Questionnaire

Step 2 - After you Complete your WAQ then Complete an Action Plan
My Action Plans

Step 3 - Healthy Incentive Rewards
What is my Benefit Status?

My Records and Information
Health Topics
WebMD Symptom Checker
Health Management Centers
Health Record
Health Trackers
Calendar

WebMD Newsletters
Receive a Free WebMD Email Newsletter

You're almost there.
Get rewarded for better health.

Now that you've completed the Wellness Assessment, just finish your individual Action Plan by June 30, 2010, and you'll earn the gold out-of-pocket expense level for 2011. Check the [Rewards Dashboard](#) to select a plan.
[Go to my Individual Action Plan from WebMD now.](#)

Welcome, uat first 03!

My Health Guide
Recommendations based on your health profile:

Getting Started
Swine Flu (CDC)
Improve your health with WebMD Health Management Centers
Take or Update the Prostate Health Assessment
Take or Update the Men's Health Assessment
Stress Management - Topic Overview

News For You
[Dark Chocolate Takes Bite Out of Stress](#)
A new study shows eating dark chocolate may lower levels of stress hormones in people feeling stressed out.

Recently Visited Pages
Health Record
Rewards
WebMD Lifestyle Improvement Program: Exercise
Lifestyle Improvement Programs
Lifestyle Improvement Programs: Walking Planner

Coaching
A WebMD Health Coach is available to achieve your personal health goals or offer support to complete your individual action plans. If you would like the added support and expertise of a health coach you may contact one at 1-866-584-6813.

Rewards
What is your Healthy Incentives status?
Check the Healthy Incentives Rewards Program to view your next steps and verify the actions you have completed towards your out-of-pocket expense level for 2011.

In Focus - WebMD

Personalized
health
information
based on
your profile